

## Cranapple Crisp

### Fruit Filling

8 cups thinly sliced peeled apples  
1/2 cup fresh or frozen cranberries,  
coarsely chopped  
1/3 cup light brown sugar  
1/4 cup golden raisins  
1 tablespoon cornstarch  
1 tablespoon apple juice concentrate, thawed

### Topping

2/3 cup quick-cooking oats  
3 tablespoons whole wheat flour  
1/4 cup light brown sugar  
1/4 teaspoon ground cinnamon  
2 tablespoons frozen apple juice  
concentrate, thawed

To make the topping, in a small bowl combine the oats, flour, sugar, and cinnamon; stir to mix well. Add the juice concentrate and stir until moist and crumbly. Set aside.

In a large bowl, combine the filling ingredients and toss to mix well. Coat a 2-1/2-quart casserole dish with nonstick cooking spray. Place the filling mixture in the dish and sprinkle with the topping.

Bake uncovered at 375°F for 30 minutes. Cover the dish loosely with foil, then bake for an additional 15 minutes, or until the filling is bubbly and the topping is golden brown. Serve warm. Yield: 8 servings



### NUTRITION FACTS (PER 3/4-CUP SERVING)

Calories: 78    Cholesterol: 0 mg    Fat: 0.7 g    Fiber: 4 g    Protein: 1.7 g    Sodium: 7 mg

Source: *Fat-Free Holiday Recipes*